

V. Applied Conscious Control

A CONCEPTION OF THE PRINCIPLES INVOLVED

THE term "conscious control" is one which is employed by different people to convey different conceptions. The usual conception is one which indicates specific control, such as the moving of a muscle consciously, and is practised by athletes who give performances of physical feats in public. Again, there is the conscious movement of a finger, toe, ear, or some other specific muscle or limb.

The phrase "conscious control" when used in this work is intended to indicate the value and use of conscious guidance and control, primarily as a *universal*, and secondly as a *specific*, the latter always being dependent on the former in practical procedure.

Furthermore, it is not used merely to indicate a guidance and control which we may apply in the activities of life with but doubtful precision in one or two directions only, but one which may be applied universally, and with precision in all directions, and in all spheres where the mental and physical manifestations of mankind are concerned.

Since the publication of my book, *Conscious Control*, I have received and continue to receive letters from interested readers concerning the practical application of conscious control, and also regarding my conception of the principles involved.

"It is all very well to talk of conscious control, but how are we to acquire it?" wrote one inquirer. "How far-reaching is its application?" wrote another, whilst a third remarked, "If your experience has proved that such far-reaching beneficial effects result from conscious guidance and control, your concept must be much more comprehensive than that usually accepted." "I have a friend who is cursed with a bad temper," wrote another inquirer, "and he realizes the fact. He has applied to his medical and spiritual advisers for help. They have given him a certain amount of valuable advice, but the result is far from satisfactory."

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We all know of cases of men and women who eat or drink more than is good for them, and we also know that only a small minority are able to master their unhealthy desires in these directions. Examination of the misguided majority would reveal the fact that they were badly co-ordinated, and that psycho-physical conditions were present which would lead an expert to expect an overbalanced state in one direction or another, a domination of conscious reasoned control by subconscious unreasoned desire.

Such cases may be readily and successfully dealt with on a basis of conscious guidance and control in the spheres of re-education, re-adjustment and co-ordination.

To gain control where there is a tendency to over-indulgence in alcohol or food is a very difficult problem for the ordinary human being while he remains in his badly co-ordinated condition. This is shown by the failure which succeeds failure until the unfortunate person arrives at the conclusion that it is impossible to break the habit.

He or she then drifts into the advanced stages of a condition which becomes as akin to disease as neuritis, neurasthenia, indigestion or rheumatism. As a matter of fact these malconditions may be the immediate outcome of the indulgences before referred to.

The unfortunate fact which we must face is that such people are practically without control where these failings are concerned, and the general opinion is that these people lack will-power. In my opinion this is not really true.

Say that a man is a thief and is caught and punished. He tells his friends and relatives that he intends to reform. But does he really intend to do so? In the first instance does not the answer to this question depend on the point of view of the person concerned? Let us take as an example two brothers. The one is a thief, but the other is not, inasmuch as he has never stolen anything in his life. He would scorn such an act, but he has no hesitation in taking advantage of a friend with whom he makes an agreement. He may even fail to realize that he is acting unjustly towards his friend. The fact is, he is well acquainted with the details and possibilities of the business concern which this agreement represents. He is aware of his superior knowledge and he deliberately uses it in framing the clauses of the agreement so that he is certain to derive more benefit from the transaction